

FOLSOM POLICE DEPARTMENT PERISHABLE SKILLS
ARREST CONTROL
6 Hour Block-Impact Weapons

COURSE GOAL:

The course will provide the trainee with the minimum topics of Arrest and Control required in the POST Perishable Skills Training Program (PSP). The trainee will develop the necessary tactical knowledge and skills to safely and effectively arrest and control a suspect.

The course consists of a hands-on/practical skills arrest and control training for in-service officers. The course is a variable 4, 6, 8, or 10 hour block format.

ARREST AND CONTROL:

Minimum Topics/Exercises:

1. Safety Orientation and Warm-up
2. Class Exercises/Student Evaluation/Testing
3. Search – in exercise(s)
4. Control/Takedown – in exercise(s)
5. Equipment/Restraint Device(s) Use – in exercise(s)
6. Verbal Commands – in exercise(s)
7. Use of Force Considerations
8. Body Physics and Dynamics (suspect's response to force)
9. Body Balance/Stance/Movement Patterns – in exercise(s)
10. Policies and Legal Issues
11. Recovery/First Aid (as applicable)

COURSE OBJECTIVES:

The trainee will:

1. Demonstrate knowledge of the Folsom Police Department Use of Force Policy.
2. Demonstrate knowledge of the importance of mental and physical conditioning as it relates to effective arrest and control techniques.
3. Demonstrate a minimum standard of arrest and control skills with every technique and exercise, to include:
 - a. Judgment and Decision Making
 - b. Officer Safety
 - c. Body Balance, Stance, and Movement
 - d. Searching/Handcuffing Techniques
 - e. Control Holds/Takedowns
 - f. De-escalation, Verbal Commands
 - g. Effectiveness Under Stress Conditions

Minimum standards of performance shall be tested by an instructor observing the trainee during their performance of each technique and exercise. If the trainee does not meet minimum standards, remediation will be provided until the standard is met.

ARREST CONTROL
(4 – Hours)

- I. REGISTRATION AND ORIENTATION
 - A. Introduction, Registration and Orientation
 - B. Course Objectives/Overview, Exercises, Evaluation/Testing **III(b)**

- II. USE OF FORCE POLICIES AND LEGAL ISSUES **III(g,j)**
 - A. Case Law Update, report documentation and policy
 - 1. Tennessee v Garner
 - 2. Graham v Connor
 - 3. Forrester v San Diego
 - 4. Long Beach v Long Beach POA
 - 5. Status of Pepper Spray Cases
 - B. Folsom Police Department related policies

- III. SAFETY ORIENTATION AND WARM-UP **III(a)**
 - A. Review of Safety Policies and Injury Precautions
 - B. Students will participate in warm-up/stretching exercises

- IV. BODY PHYSICS AND DYNAMICS **III(h)**
 - A. Suspect attacks officer
 - B. Locking resistance
 - C. Going limp
 - D. Resistance with apparatus
 - E. Use of pain compliance/pressure point/distraction techniques
 - F. Mental conditioning for arrest control, Color-Coding
 - 1. White = relaxed frame of mind
 - 2. Yellow = general awareness, minimum level of awareness
 - 3. Orange = specific awareness, 75%-25% theory
 - 4. Red = fight or flight
 - G. Check-list of six used on initial approach with subject
 - 1. Hands

2. Cover
3. Weapons
4. Associates, subjects and officers (resources available)
5. Escape routes, subjects and officers (tactical retreat)
6. Footing/balance

V. PHYSICAL CONDITIONING **III(a)**

A. Three biggest disablers

1. Heart attacks
2. Lower back and knee injuries
3. Peptic ulcers

B. How to reduce individual risk to above disablers

1. Nutrition
2. Exercise

VI. BODY BALANCE/STANCE AND MOVEMENT **III(i)**

Footwork review:

1. Forward shuffle
2. Rear shuffle
3. Normal pivot
4. Shuffle right and left
5. Pivot right and left
6. Progressive pivot
7. Shuffle pivot
8. Break falls back to fighting position
9. Access duty belt equipment while in fighting stance
10. Access duty belt equipment while on the ground

VII. SEARCH TECHNIQUES/CONTROL HOLDS/TAKEDOWN/HANDCUFFING
DE-ESCALATION, VERBAL COMMANDS **III(c,d,e,f,k)**

A. Overview on restraint devices and need to double lock and check for tightness

1. First Aid – Suspect injured, wounds, fractures
2. Special circumstances (i.e. pregnant females)
3. Search and handcuffing techniques should be documented
4. Complaint of pain should be documented
5. Failing to double lock handcuffs can result in injury to the suspect and liability to the department

B. Handcuffing techniques and takedowns, what technique to use, and movement to more appropriate weapon (chemical agent, impact weapon, or handgun) depending on the situation and suspect's actions.

1. Low profile-twist lock

- a. Verbal commands
- b. Twist lock control
- c. Search
- d. Handcuffing
- e. Lower body search
- f. Takedowns

2. Standing modified

- a. Verbal commands and approach
- b. Search under control
- c. Rear wristlock
- d. Handcuffing
- e. Lower body search
- f. Takedowns

3. Kneeling

- a. Verbal commands and approach
- b. Search under control
- c. Twist lock application
- d. Handcuffing
- e. Assisting to standing position
- f. Lower body search
- g. Takedowns

4. Prone

- a. Verbal commands and approach
- b. Prone control
- c. Quick search of lower back
- d. Handcuffing
- e. Search entire body
- f. Assisting to seated, then standing position

VIII. TESTING/REMEDIATION

III(b)

- A. Practical application will be graded on a pass/fail basis.
- B. Any student who does not receive a passing score will receive remedial training in that area and be retested until he/she successfully performs the technique.
- C. The instructor will document remedial training.

IMPACT WEAPONS

(2 – Hours)

I. IMPACT WEAPONS REVIEW: STRAIGHT BATON, SIDE HANDLE BATON, EXPANDABLE BATON, FLASHLIGHT **III(I)**

A. Course overview and expectations

1. Safety orientation
2. Policy review
3. Warm up
4. Footwork review

II. STRIKES

- A. Targeting
- B. Verbalization/Commands
- C. Strike zone
 1. One and two hands
 - a. Form
 - b. Bags

III. BLOCKS

- A. Zones 1-4

IV. COLLAPSIBLE BATONS

- A. Yawara series
 1. Strikes
 2. Rear wrist lock
 3. Bar arm
 4. Mastoid

V. SIDE-HANDLE/MID-RANGE BATONS

- A. Jab strikes
- B. Yawara strikes
- C. Circle strikes
 1. Circle elbow strike
 2. Circle strike
- D. Two-count strikes

VI. BATON RETENTION TECHNIQUES

- A. Circle techniques
- B. Push-pull techniques
- C. Figure eight techniques

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